



Trainer's Guide for Teaching Pump Assembly Using ACES

| | |
|------------------------|---|
| Overview | This module is designed to train WIC staff how to effectively educate WIC clients when distributing a breast pump. Participants will learn how to teach Assembly, Cleaning, Expressing and Storing breastmilk to WIC breastfeeding clients being issued a breast pump. |
| Learning Objectives | Participants will be able to: Demonstrate how to assemble hand pumps. Discuss the cleaning process of the pumps. Discuss strategies/schedule for expression . Provide milk storage guidelines. |
| Time | 30 minutes |
| Equipment | 1. Arrange like products on their own table. 2. Medela Pumps – Symphony, Lactina, Personal Double, Harmony 3. Ameda Pumps – Elite Pump, Hand Pump 4. Other Pumps – Hygeia Pump, Avent Hand Pump, Haaka 5. CDC/USDA Human Milk Storage Guideline Handout 6. ACES Handout 7. DCH-3906: Handout: Express Yourself! Milk Expression, Breast Milk Storage, & Bottle Feeding 8. MI-WIC Policy 4.04 Breastfeeding Equipment Inventory and Maintenance |
| Background Information | Not all WIC clients need a breast pump. Most health insurances cover the cost of some type of breast pump. A breast pump can help someone continue to breastfeed if separated from their baby for any length of time. Breast pumps are not the answer to all breastfeeding problems. Problems occurring that prevent baby nursing at the breast need to be addressed. |
| Activities | 1. Hands on pump assembly 2. Role play, 2 person teams, one person is the staff and other the participant. Each person starts with a disassembled pump and walk through the ACES technique. 3. Display cleaning products used for loaner pumps. |
| Evaluation | 1. Staff will demonstrate their competency of the ACES technique by completing assembly. 2. Cleaning of loaner pumps provided by your agency. 3. Check off competency on their Expressing Milk Competency Check-Off List. |



Introduction

Not everyone needs a breast pump. Some mothers do very well expressing milk by hand and other mothers find nursing often, when they are with their babies, is enough to keep their breast comfortable and the milk supply adequate. A breast pump can help a mother continue to breastfeed if she must be separated from her baby for any length of time because of illness or if the mother is returning to work or school. There is no one pump that is perfect for every mother. Breast pumps are not the answer to breastfeeding problems if mothers are experiencing sore nipples or latch problems a pump can help maintain her milk supply, but the underlying condition needs to be corrected. Most health insurances cover the cost of some type of breast pump.

Group activity

As a group (or individually) go through the ACES handout for teaching pump education. Then practice assembling and disassembling each type of breast pump your agency provides until staff is comfortable with the pumps.

Demonstration

Role play.

In groups of two have one person be the staff member and one person be the WIC client.

Both people should have the same model breast pump.

The staff person will walk through the ACES technique with the “WIC client”.

Implementation Suggestions

How to implement teaching into clinic.

Divide teaching into sections.

Train all at once or a few at a time.

Train others in clinic to do the training.

Provide a reward when finishing all training.

Provide a check off list for them to fill out that they have finished the training.

Ask staff to come up with ideas of how this can be implemented. Let them set goals and rewards.

Evaluating:

Follow up with WIC clients receiving breast pumps to see if they were taught hand expression and the ACES technique.

Conclusion/Review

ASK: When does a WIC client need a breast pump?

Review the steps in the ACES techniques.

Ask how each staff may modify to fit the client’s educational style.